

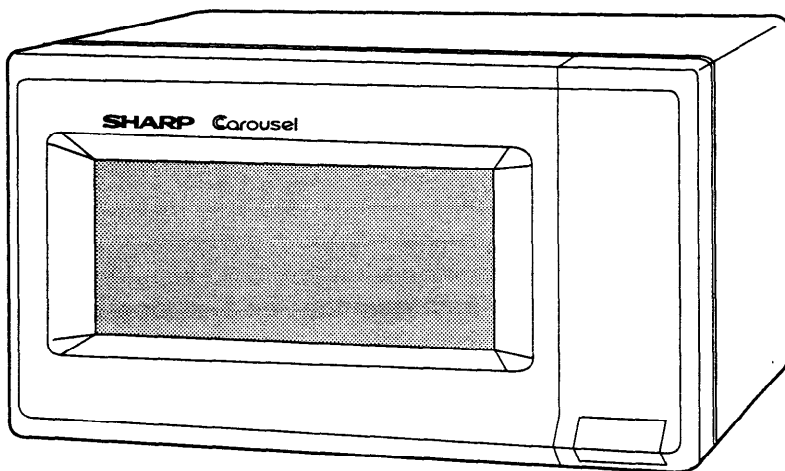
# SHARP®

## Carousel™ MICROWAVE OVEN

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### MODEL R-2V58 R-2S58

## OPERATION MANUAL and COOKING GUIDE



### CONTENTS Pages

Warning	1
Special Notes	2
Installation Instruction	3
Oven Diagram	3
Control Panel	4
Operation of Control Panel(R-2V58)	5
Operation of Control Panel(R-2S58)	6
Getting Started	6
Clock Setting	6
Stop/Clear	6
To Cancel Program	6
Microwave Time Cooking	7
Sequence Cooking	8
Instant Cook	8
Auto Cook/Defrost	9
Increasing Time	10
Child Lock	10
Alarm	10
Care and Cleaning	11
Service Call Check	11
Specifications	11
Cooking Guides	①~⑮

Thank you for buying a Sharp Microwave Oven.

Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

#### 1. OPERATION

This section describes your oven and teaches you how to use all the features.

#### 2. COOKING GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

It also contains recipes for automatic cooking and manual cooking.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed. When selecting another home appliance, please again consider our full range of Sharp products.

# WARNING

Read all instructions before using the appliance.

To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of explosion and sudden boiling:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. When boiling liquids in the oven, use the wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals and Sealing Surfaces.

Always use oven mittens to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the supply cord become damaged, it must be replaced by a SERVICE CENTRE APPROVED BY SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

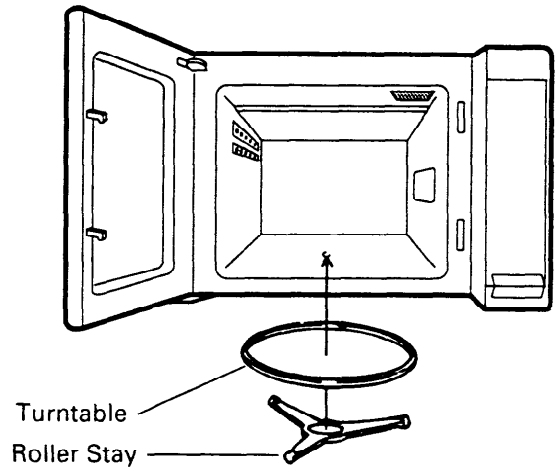
- a. Before cleaning the turntable with water, leave the turntable to cool.
- b. Do not put hot foods or hot utensils on the cold turntable.
- c. Do not put cold foods or cold utensils on the hot turntable.

# SPECIAL NOTES

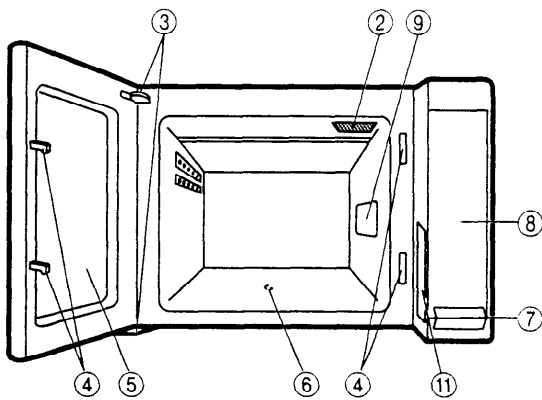
	DO	DO NOT
Eggs, fruits, vegetables, sausages and oysters	<ul style="list-style-type: none"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells</li> <li>* Reheat whole eggs.</li> <li>* Overcook oysters.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles. Only heat until warm.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Stir liquids briskly before and after cooking for even heating.</li> <li>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</li> <li>* For boiling or cooking liquids see WARNING on page 1.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or air tight containers.</li> <li>* Deep fat fry.</li> <li>* Dry wood, herbs, or wet papers.</li> <li>* Operate the oven empty.</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>* Remove food from can.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* These foods have high sugar and/or fat contents.</li> <li>* Cook for the recommended time.</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>
Meats	<ul style="list-style-type: none"> <li>* Use a microwave proof roasting rack to collect drained juices.</li> </ul>	<ul style="list-style-type: none"> <li>* Place meat directly on the turntable for cooking.</li> </ul>
Utensils	<ul style="list-style-type: none"> <li>* Check the utensils are suitable for MICROWAVE cooking before you use them.</li> </ul>	<ul style="list-style-type: none"> <li>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</li> </ul>
Aluminium foil	<ul style="list-style-type: none"> <li>* Use to shield food to prevent over cooking.</li> <li>* Watch for sparking. Reduce foil or keep clear of cavity walls.</li> </ul>	<ul style="list-style-type: none"> <li>* Use too much.</li> <li>* Shield food close to cavity walls. Sparking can damage the cavity.</li> </ul>
Browning dish	<ul style="list-style-type: none"> <li>* Place a suitable insulator such as microwave and heat proof dinner plate between the turntable and the browning dish.</li> </ul>	<ul style="list-style-type: none"> <li>* Exceed the preheating time the manufacturer recommends to prevent damage from heat stress to the glass turntable, roller stay and coupling.</li> </ul>

# INSTALLATION INSTRUCTIONS

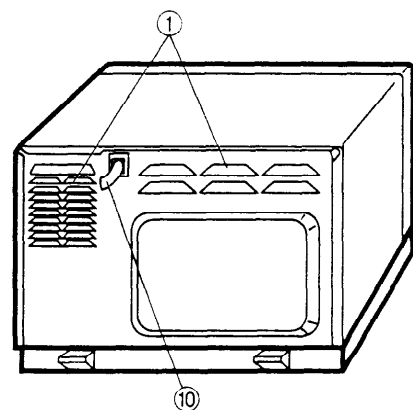
1. Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
  - 1) Turntable tray
  - 2) Roller stay
  - 3) Operation manual and cooking guide
3. Fitting the roller stay and turntable. Locate the roller stay in the centre of the oven, then fit the turntable on the roller stay. Make sure the turntable is centrally located and locked together. Never operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow at least 10 cm on the top, 5 cm on the both sides and at the rear of the oven for free air space.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.  
The A.C. voltage must be single phase
  - Australia 240V, 50Hz.
  - New Zealand 230-240V, 50Hz.
6. Operate the oven from a general purpose domestic outlet.  
If a generator is used, do not operate the oven with NON-SINUSOIDAL outputs.



## OVEN DIAGRAM

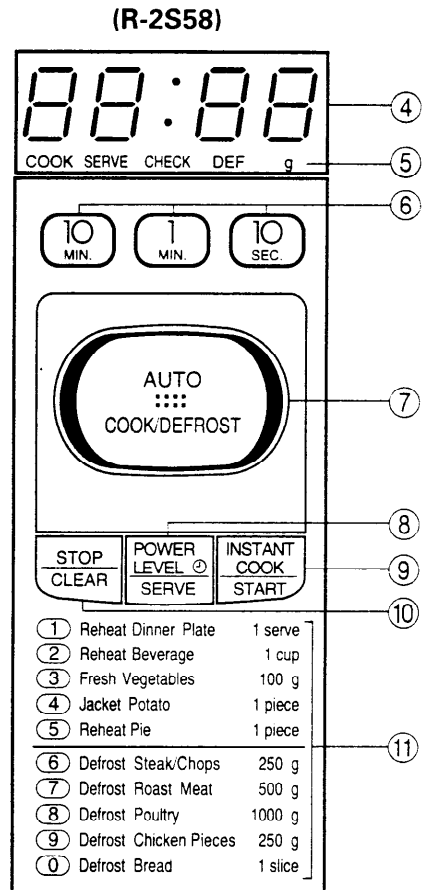
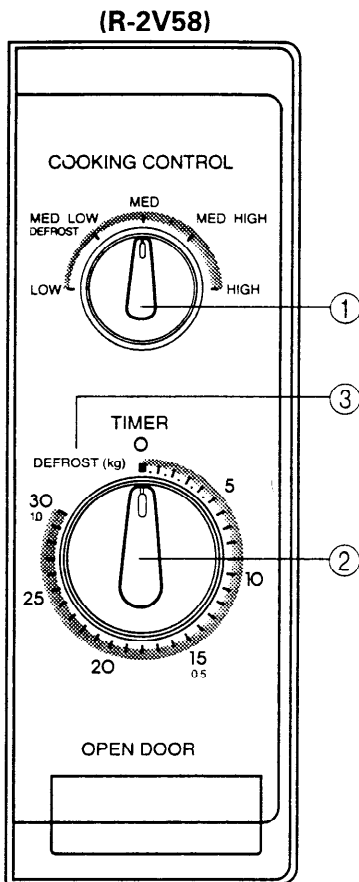


1. Ventilation openings
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Coupling



7. Door open button
8. Control panel (See page 4)
9. Waveguide cover
10. Power supply cord
11. Rating label

# CONTROL PANEL



## 1.VARIABLE COOKING CONTROL

There are five power levels. The approximate percentage of microwave power for each setting is:

HIGH	100%
MED HIGH (MEDIUM HIGH)	70%
MED (MEDIUM)	50%
MED LOW/DEFROST (MEDIUM LOW/DEFROST)	30%
LOW	10%

## 2.TIMER (0-30 minutes)

Turn to set cooking time or weight of defrost food.

## 3.MEAT DEFROST GUIDE (inner scale)

## 4.DIGITAL READOUT

## 5.INDICATOR

## 6.TIME PADS

Press to enter cooking time.

## 7.AUTO COOK/DEFROST PAD

Press to select AUTO COOK/DEFROST menu.

## 8.POWER LEVEL ⊕ /SERVES PAD

Press to select microwave power setting. If not pressed, 100% is automatically selected.

Press to enter serves after selecting AUTO COOK/DEFROST menu. Press for 3 seconds to set clock.

## 9.INSTANT COOK/START PAD

Press once to cook for 1 minute at 100% or increase by 1 minute multiples each time this pad is pressed during cooking. Press to start oven after setting programmes.

## 10.STOP/CLEAR PAD

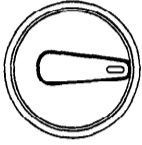
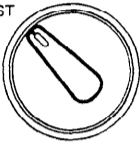
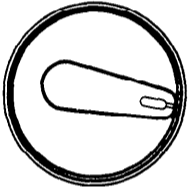

Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

## 11.AUTO COOK/DEFROST MENUS

①	Reheat Dinner Plate	1 serve
②	Reheat Beverage	1 cup
③	Fresh Vegetables	100 g
④	Jacket Potato	1 piece
⑤	Reheat Pie	1 piece
⑥	Defrost Steak/Chops	250 g
⑦	Defrost Roast Meat	500 g
⑧	Defrost Poultry	1000 g
⑨	Defrost Chicken Pieces	250 g
⑩	Defrost Bread	1 slice



# OPERATION OF CONTROL PANEL (R-2V58)

1.	Push the door open button to open the door.		
2.	Place the roller stay in the hole in the oven cavity and seat the turntable on the roller stay.		
3.	Plug the oven into a power point.		
4.	Place food on the turntable and close the door.		
5.	<b>COOKING</b> Suppose you want to cook on HIGH for 10 min.	<b>DEFROSTING</b> Suppose you want to defrost 0.5 kg meat.	
	Select desired power level.	 HIGH	Select DEFROST setting.
			 MED LOW DEFROST
6.	Set the cooking time by rotating the knob.	Rotate the TIMER knob to the weight of the meat (0.5) as indicated on the inner scale.	
	 10	 DEFROST (kg) 0.5	
	The turntable will turn throughout the microwave cooking activity.		
7.	The timer will count down to "0". When the timer reaches "0", a signal bell will sound and the oven will automatically turn off. If you wish to stop cooking before the end of the cooking time, turn the timer back to "0" or simply open the door.		
	Everytime the door is opened, microwave activity stops immediately.		

## NOTE

- \* The inner scale of the TIMER is calibrated, refer to the defrosting chart on page ④ in the cooking guides.  
To defrost other types of food, select the DEFROST setting and rotate the TIMER knob to the required minutes. Whenever setting the timer for less than 2 minutes, turn the timer past 2 minutes and then back to the desired time.
- \* The oven door may be opened at any time during the cooking process.  
If you wish to continue cooking, close the door.
- \* If you wish to alter the cooking time at any time during the operation, just turn the timer forward or backward as desired.

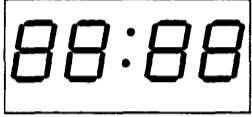
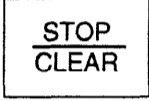
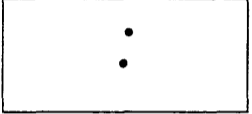


# OPERATION OF CONTROL PANEL (R-2S58)

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.




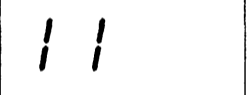


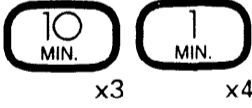
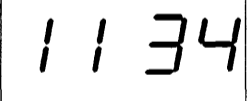
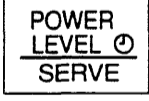
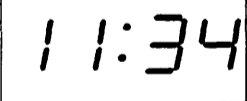
An entry signal tone should be heard each time you press the control panel to make a correct entry. In addition the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when a cooking procedure is required.

## Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point and switch on the power.		 Flashing eights
2	Close the oven door.		as above
3	Press the STOP/CLEAR pad so that the oven beeps.		 Only the dots will remain.

## Clock Setting

\* To enter the present time of day 11:34 (AM or PM).

Step	Procedure	Pad Order	Display
1	Press the POWER LEVEL $\odot$ /SERVE pad for 3 seconds.		
2	Enter the correct time of day (hours) by pressing TIME pads.		
3	Press the POWER LEVEL $\odot$ /SERVE pad again.		
4	Enter the correct time of day (minutes) by pressing TIME pads.		
5	Press the POWER LEVEL $\odot$ /SERVE pad again.		

## Stop/Clear

Use the STOP/CLEAR pad to:

1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

## To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

# Microwave Time Cooking





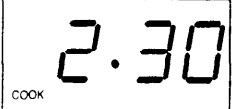
This is a manual cooking feature, first enter the cooking time then the power level. There are five different power levels.

Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display	10P	30P	50P	70P	100P
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Casseroles Seafood	Cakes Muffins Slices	Vegetables Rice/Pasta Fruit

This variable cooking control allows you to select the rate of microwave cooking.




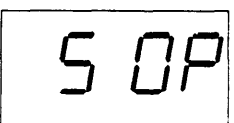

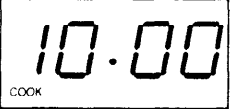
If a power level is not selected, then 100% power is automatically used.

\* Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	 x 2  x 3	
2	Press the INSTANT COOK/START pad.		 The timer begins to count down.

To lower the power press the POWER LEVEL ⊖ /SERVE pad until desired power level is displayed.

\* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL ⊖ /SERVE pad as required (for 50% press three times).	 x 3	
3	Press the INSTANT COOK/START pad.		 The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.









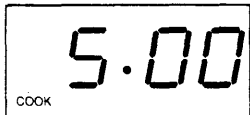
If you wish to know the power level during cooking, press the POWER LEVEL ⊖ /SERVE pad. As long as your finger is touching the POWER LEVEL ⊖ /SERVE pad, the power level will be displayed.



## Sequence Cooking



Your oven can be programmed for up to 3 automatic cooking sequences, switching from one variable power setting to another automatically.

\* Suppose you want to cook for 10 minutes on 50% followed by 5 minutes on 100%.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select desired power level by pressing the POWER LEVEL $\odot$ /SERVE pad (for 50% press three times).	 x 3	
3	For second sequence, enter desired time for cooking time. If power is not selected the oven will operate at 100% power.	 x 5	
4	Press the INSTANT COOK/START pad.		 The timer begins to count down to zero. When it reaches zero,  the second sequence will appear and the timer will begin counting down to zero again.

## Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% power.

Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within one minute of closing the door.		 The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed. Each time the pad is pressed, the cook time is increased by 1 minute.

## Auto Cook/Defrost





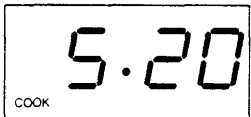
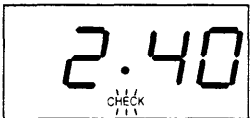

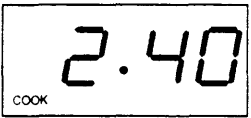


①	Reheat Dinner Plate	1 serve
②	Reheat Beverage	1 cup
③	Fresh Vegetables	100 g
④	Jacket Potato	1 piece
⑤	Reheat Pie	1 piece
⑥	Defrost Steak/Chops	250 g
⑦	Defrost Roast Meat	500 g
⑧	Defrost Poultry	1000 g
⑨	Defrost Chicken Pieces	250 g
⑩	Defrost Bread	1 slice

AUTO COOK/DEFROST will automatically compute the microwave power and cooking (defrosting) time.

Follow the details provided in AUTO COOK/DEFROST MENU GUIDE on page ⑤, ⑥ in the cooking guides.

\* Suppose you want to use AUTO COOK/DEFROST to cook 2 Jacket Potatoes.


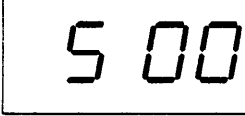

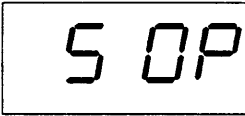


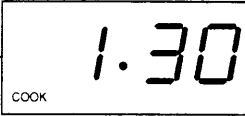

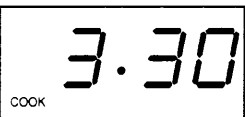
Step	Procedure	Pad Order	Display
1	Press the AUTO COOK/DEFROST pad until desired menu number is displayed (for Jacket Potato press four times).	 x 4	 SERVE will flash on and off.
2	Press POWER LEVEL ⊕ /SERVE pad until desired serve is displayed (for 2 pieces press twice).	 x 2	 ↓ After about 2 sec.  COOK The cooking time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off.
3	Open the door. Turn over potatoes. Close the door.		 CHECK will be flashing
4	Press the INSTANT COOK/START pad.		 COOK The cooking time will begin counting down. When it reaches zero, the oven will "beep".

- NOTE**
1. Ensure to press the POWER LEVEL ⊕ /SERVE pad after step 1, or the oven will not start.
  2. Food weighing more or less than the quantity or weight listed in AUTO COOK/DEFROST MENU GUIDE, cook manually.
  3. The display will show "Ad" instead of "AC" for defrost menus (menu No. 6-0).

## Increasing Time During A Cooking Programme

Microwave time can be added during a cooking programme using the INSTANT COOK/START pad.

\* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% power cooking. (at the moment the remaining cooking time is 1 min. 30 sec.)


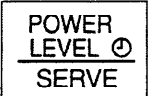
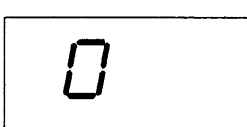




Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	 x 5	
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times)	 x3	
3	Press the INSTANT COOK/START pad.		 →  The timer starts to count down.
4	Press the INSTANT COOK/START pad twice to increase time by two minutes.	 x2	

## Child Lock


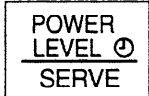


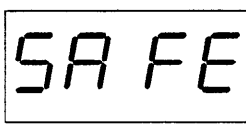

If the oven is accidentally started with no food/liquid in the cavity, the oven could be damaged.

To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

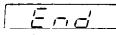
\* To set the Child Lock

Step	Procedure & Pad Order	Display
1	Press the POWER LEVEL  /SERVE pad for 3 seconds. 	
2	Press the 1 MIN. pad. 	
3	Press the INSTANT COOK/START pad. 	

\* To unlock the Control Panel

Step	Procedure & Pad Order	Display
1	Press the POWER LEVEL  /SERVE pad. 	
2	Press the 1 MIN. pad. 	
3	Press the STOP/CLEAR pad. 	The time of day is displayed and the oven is ready to use.

## Alarm

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and  will flash on and off in the display after 2 minutes.

If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.

# CARE AND CLEANING

## Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

## Door:

Wipe the door and window on both sides and the door seals frequently with a damp cloth to remove any spills or spatters.

## Control Panel

Care should be taken in cleaning the control panel. Open the oven door before cleaning to inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

**CAUTION (R-2V58):** Take care not to move the timer knob from "0" (off) position during cleaning, or the oven will start as soon as you close the door.

## Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Do not remove the waveguide cover. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.**

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

## Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

# SERVICE CALL CHECK

Please check the following before calling for service:

1. (R-2S58) When the door is opened, does the oven lamp come on? YES \_\_\_\_\_ NO \_\_\_\_\_
2. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Cook the water for two minutes on HIGH power.
  - A. Does the oven lamp light? YES \_\_\_\_\_ NO \_\_\_\_\_
  - B. Does the cooling fan work? YES \_\_\_\_\_ NO \_\_\_\_\_  
(Put your hand over the rear ventilation openings.)
  - C. Does the turntable rotate? YES \_\_\_\_\_ NO \_\_\_\_\_  
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
  - D. (R-2V58) After two minutes, did a signal bell sound?  
(R-2S58) After two minutes, did an audible signal sound and cook indicator go off? YES \_\_\_\_\_ NO \_\_\_\_\_
  - E. Is the water inside the oven hot? YES \_\_\_\_\_ NO \_\_\_\_\_

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

# SPECIFICATIONS

AC Line Voltage:	Single phase • Australia 240V, 50Hz • New Zealand 230–240V, 50Hz
AC Power Required:	1.06 kW
Output Power:	700 W* (IEC)
Microwave Frequency:	2450 MHz
Outside Dimensions:	450mm(W) x 295mm(H) x 357mm(D)
Cavity Dimensions:	285mm(W) x 178mm(H) x 316mm(D)
Oven Capacity:	16 litre (0.6 cu.ft)
Cooking Uniformity:	Turntable (272mm tray) system
Weight:	Approx. 14 kg

\* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.

# FROZEN VEGETABLE CHART

1. Cook vegetables in a flan dish. Cover with a lid or plastic wrap.
2. Stir halfway through cooking.
3. Allow to stand 1-2 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT 100%	SPECIAL PROCEDURES
Beans (green, cut)	250 g	5-6 minutes	
Broccoli	500 g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Brussels sprouts	500 g	7½-9½ minutes	
Carrots (whole)	500 g	7-9 minutes	
Carrots (sliced)	500 g	7-9 minutes	
Cauliflower	500 g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on cob)	4 pieces (500 g)	8-10 minutes	Add ½ cup water and 1 teaspoon sugar. Turn 3-4 times during cooking.
Kernel)	250 g	3-4 minutes	Add 3 tablespoons water and 1 teaspoon of butter.
Peas (green)	250 g	4-6 minutes	
Spinach	250 g	5-6 minutes	
Mixed Vegetables	250 g	4-5 minutes	Break apart as soon as possible.

# REHEATING-FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS
Beverage 250 ml per cup (room temp.)	1 cup 2 cups	2-2½ minutes on 100% 4-4½ minutes on 100%	Stir after heating.
Canned food (eg. Spaghetti, Baked Beans) (room temp.)	440 g can 740 g can	5-6 minutes on 100% 7-8 minutes on 100%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway through cooking.
Canned Soup 250 ml per cup (room temp.)	1 cup 2 cups	2-2½ minutes on 100% 4-4½ minutes on 100%	Stir halfway through cooking. Stir after heating.
Dinner Plate-400 g per serve (refrigerated)	1 serve	7½-8½ minutes on 50%	Cover plate with plastic wrap. Place directly on turntable. Allow to stand 2-3 minutes. * Slice potato.
Casserole 250 g per serve (refrigerated)	1 serve 2 serves	9-10 minutes on 50% 12-15 minutes on 50%	Place in a casserole dish, cover with lid. Place directly on turntable. Stir halfway through cooking. Allow to stand for 2-3 mins.

**NOTE:** Room Temperature +20°C  
Refrigerator Temperature +3°C

VEGETABLE	AMOUNT	COOKING PROCEDURE	MICROWAVE TIME AT 100%
Artichokes	2 medium	Trim. Rinse well. Place onto a dinner plate. Cover with plastic wrap.	3-4 minutes
* Asparagus	250 g	Wash and place in a freezer bag.	2-3 minutes
Beans	250 g	Cut into 4cm pieces. Cook in 1-litre casserole dish with 1 tablespoon water. Cover.	3-4 minutes
* Broccoli	500 g	Cut into uniform florets. Arrange with flower towards centre. Cover.	6½-7 minutes
Brussels sprouts	500 g	Arrange in a 23cm flan dish. Arrange with stalk towards outside. Cover.	3-4 minutes
* Cabbage	250 g	Shred and cook in a 1.5-litre casserole dish with 2 tablespoons water. Cover.	4-6 minutes
* Carrots	250 g	Cut carrots into circular pieces and place into a casserole dish with 1 tablespoon of water. Cover.	3-4 minutes
* Cauliflower	500 g	WHOLE. Wash well. Place on a dinner plate: cover with plastic wrap: turn over after 3 minutes. Stand, covered with foil, for 5 minutes.	10-12 minutes
	500 g	Cut into uniform florets. Arrange with flower towards centre, with 1 tablespoon water. Cover.	4-6 minutes
Chokos	500 g (2)	Peel, cut into quarters. Place in a 20cm pie plate with 1 tablespoon of water. Cover.	6-8 minutes
* Corn (on cob)	2	Arrange in a casserole dish with ¼ cup water. Cover. Turn over during cooking.	7-9 minutes
	4	Arrange in a casserole dish with ⅓ cup water. Cover. Turn over during cooking.	14-16 minutes
Eggplant	500 g	Cut into 2cm cubes. Place in a 1-litre casserole dish with 2 tablespoons water. Cover.	6-8 minutes
* Mushrooms	500 g	Sliced or whole. Place in a 1-litre casserole dish with 2 teaspoons butter. Cover.	6-8 minutes
Peas - Green	500 g	Cook in a 1-litre casserole dish with 1 teaspoon sugar and 1 tablespoon water. Cover.	2-4 minutes
- Snow	250 g	Remove string from pod. Cook in a 1-litre casserole dish with 1 tablespoon water.	2-3 minutes
* Potatoes (jacket)	2 medium 4 small	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Allow to stand wrapped in foil for 2-3 minutes.	5-6 minutes
(boiled)	2 medium 4 small	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	7-9 minutes
* Pumpkin	500 g	Peel and cut into serving-size pieces. Place in a 1-litre casserole dish. Cover.	5-7 minutes
Spinach	250 g	Wash and shred. Cook, covered, in a 1.5-litre casserole dish with 2 tablespoons water.	3-5 minutes
* Squash	250 g	Wash and place in a casserole dish with 1 tablespoon of butter or water. Cover. Pierce whole squash with a fork.	4-5 minutes
Sweet Potato	500 g	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	5-7 minutes
Tomatoes	500 g	Cut into quarters. Place in a 1-litre casserole dish. Season and cover.	4-5 minutes
* Zucchini	250 g	Cut into uniform-size pieces. Place in a 1-litre casserole dish with 1 tablespoon water and 1 tablespoon butter. Cover.	4-4½ minutes

\*Allow vegetables to stand for 1-2 minutes before serving.

## CHOCOLATE SELF-SAUCING PUDDING

---

60 g butter  
1 1/2 cups self-raising flour  
1/2 cup caster sugar  
1/4 cup cocoa powder  
3/4 cup milk  
1 teaspoon vanilla essence  
1 cup brown sugar  
1/3 cup cocoa powder, extra  
2 cups boiling water

1. Place butter in a 3-litre Pyrex pudding bowl; melt for 50-60 seconds on 100%.
2. Stir in flour, sugar, cocoa, milk and vanilla. Beat until smooth.
3. Combine brown sugar and extra cocoa. Sprinkle over pudding mixture.
4. Pour boiling water over the mixture.
5. Cook for 12-14 minutes on 100%. Allow to stand for 5 minutes before serving.
6. Serve hot with ice-cream.

Serves 4-6

---

## BREAD AND BUTTER PUDDING

---

4 slices multigrain bread, crusts removed  
butter  
3 tablespoons caster sugar  
1/4 cup sultanas  
2 1/2 cups milk  
1/2 teaspoon vanilla essence  
4 eggs, lightly beaten  
3 tablespoons brown sugar  
1/4 teaspoon nutmeg

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla for 3-4 minutes on 100%. Gradually whisk into eggs, then pour over bread mixture.
4. Sprinkle with brown sugar and nutmeg.
5. Cook for 20-25 minutes on 30%.
6. Allow to stand for 10 minutes before serving.

Serves 4-6

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## MOIST CARROT CAKE

---

1 cup oil  
1 cup brown sugar  
3 eggs  
1 1/2 cups self-raising flour  
1 teaspoon bicarbonate of soda  
2 teaspoons cinnamon  
salt  
2 large carrots, grated  
3/4 cup chopped walnuts

### CREAM CHEESE ICING

250 g cream cheese  
2 cups icing sugar  
2 teaspoons lemon juice

1. Beat oil, sugar and eggs until well combined.
2. Add sifted flour, bicarbonate of soda, cinnamon and salt.
3. Fold in carrots and walnuts.
4. Pour into a 20 cm greased cake dish.
5. Cook for 12-14 minutes on 70%.
6. Allow to stand 5 minutes before turning out.
7. Cool before icing.

### ICING

1. Beat cream cheese until smooth.
2. Add icing sugar and lemon juice and beat until smooth.

## EASY HOME-MADE RICE RISOTTO

---

1 onion, diced  
60 g butter  
4 rashers bacon, diced  
(or 1 cup cooked chicken or ham)  
3 chicken or beef stock cubes  
2 cups boiling water  
1 cup long-grain rice, washed well  
1 cup assorted finely chopped vegetables,  
e.g. carrots, zucchinis, mushrooms

1. Place onion, butter and bacon in large casserole dish. Cook for 3-5 minutes on 100%. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 20-22 minutes on 100%. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.

Serves 6-8

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## HONEY CARROTS

---

500 g carrots, sliced lengthwise  
60 g butter  
1 tablespoon grated orange rind  
1 tablespoon honey

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 9-11 minutes on 100%.

Serves 4

---

## VEGETABLE PLATTER

---

200 g carrots, sliced  
200 g broccoli, cut into florets  
100 g zucchinis, sliced

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Cover with a lid or plastic wrap.
3. Cook for 6-8 minutes on 100%.

Serves 4

---

## DESSERTS

### CALIFORNIAN APPLE CRUNCH

---

800 g can pie apple  
White Wings buttercake mix  
125 g hard butter, cut into thin slices  
3 tablespoons brown sugar  
3 tablespoons coconut  
2 tablespoons crushed nuts  
1 teaspoon cinnamon

1. Place pie apple in a shallow casserole dish.
2. Sprinkle evenly with dry cake mix.
3. Layer sliced butter over cake mix, covering completely.
4. Combine last 4 ingredients and sprinkle over sliced butter.
5. Cook for 12-14 minutes on 100%.
6. Serve hot or cold.

Serves 6-8

---

### BAKED APPLES

---

$\frac{3}{4}$  cup walnuts  
 $\frac{1}{4}$  cup brown sugar  
2 teaspoons mixed spice  
4 large apples  
2 tablespoons lemon juice  
30 g butter, melted

1. Place walnuts, sugar and mixed spice in a blender or food processor, process until nuts are finely chopped.
2. Peel and core apples, brush with lemon juice.
3. Brush apples with butter. Toss in walnut mixture until evenly coated.
4. Place in base of a 20 cm pie plate. Fill centre of apples with any remaining walnut mixture.
5. Cook for 7-9 minutes on 100%. Allow to stand for 5 minutes.
6. Serve with whipped cream.

Serves 4

---



## SPRINGTIME LAMB CASSEROLE

---

1 packet (30 g) French onion soup  
1/4 cup plain flour  
750 g lamb, cubed  
4 spring onions, quartered  
2 carrots, thinly sliced  
250 mL chicken stock  
310 g can corn kernels, drained  
2 sticks celery, finely chopped  
300 mL carton sour cream

1. In a large casserole dish, combine French onion soup and flour.
2. Toss the lamb in flour mixture, coating thoroughly.
3. Add onions and carrots, stir in chicken stock and mix well.
4. Cover and cook for 28-30 minutes on 50%, stirring during cooking.
5. Add corn, celery and sour cream. Mix well.
6. Cook a further 12-15 minutes on 50%.

Serves 4

## BEEF STROGANOFF

---

1 kg rump steak, cut into strips  
1/2 cup plain flour  
salt and pepper  
1 onion, finely chopped  
2 tablespoons tomato purée  
1 1/2 cups beef stock  
1/4 cup red wine  
100 g mushrooms, thinly sliced  
300 mL sour cream

1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left-over flour, onion, tomato purée, beef stock and red wine in a large casserole dish.
3. Cook, covered, for 35-40 minutes on 50%, stirring twice during cooking.
4. Stir in mushrooms and sour cream. Cook for a further 5-7 minutes on 50%.
5. Serve with boiled rice.

Serves 6

## VEGETABLES

### CAULIFLOWER AU GRATIN

---

500 g cauliflower florets  
30 g butter  
2 tablespoons flour  
1 cup milk  
1 teaspoon mustard  
1/2 cup grated cheese  
paprika

1. Place cauliflower in a flan dish. Cover and cook for 6-8 minutes on 100%, until tender. Drain.
2. Melt butter in a Pyrex jug for 50 seconds-1 minute on 100%.
3. Stir in flour. Cook for 50 seconds on 100%.
4. Gradually stir in milk and mustard. Cook for 3-4 minutes on 100%, stirring every minute.
5. Stir in cheese until melted.
6. Pour over cauliflower. Sprinkle with paprika.
7. Cook for 3-4 minutes on 100%.

Serves 4-6

### SCALLOPED POTATOES

---

3 large potatoes (approx. 500 g), peeled and sliced thinly  
1/4 cup water  
1 large onion, sliced  
200 g carton light sour cream  
1 egg  
90 g cheddar cheese, finely grated  
paprika

1. Place potatoes in a round or oval shallow dish, add water, cover, and cook for 6 minutes on 100%.
2. Drain off water.
3. Arrange sliced onion over potatoes.
4. Combine sour cream and egg. Mix well and pour over potatoes. Sprinkle with cheese and a little paprika if desired.
5. Cook uncovered, 11-13 minutes on 70%.

Serves 4-6

## CRUSTY ROSEMARY LAMB

1/4 cup brown sugar  
2 tablespoons seeded mustard  
1 tablespoon lemon juice  
2 tablespoons chopped fresh rosemary  
1.5 kg leg lamb

1. Combine brown sugar, mustard, lemon juice and rosemary. Spread over leg of lamb.
2. Place fat side down on a rack.
3. Cook for 44-46 minutes (for medium) or 50-52 minutes on 70% (for well done).
4. Turn over halfway through cooking, shielding shank with foil to prevent overcooking.
5. Allow to stand for 10 minutes, covered with aluminium foil before serving.

Serves 4-6

## SHEPHERD'S PIE

2 large potatoes  
1 tablespoon butter  
1 tablespoon milk  
salt and pepper  
500 g minced beef  
1 onion, chopped  
1 tablespoon gravy powder  
1/2 cup tomato sauce  
1 tablespoon Worcestershire sauce  
1 tomato, chopped  
2 tablespoons parsley  
1 egg, beaten

1. Peel and cut potatoes into cubes. Place into a large bowl. Add 2 tablespoons water. Cover and cook for 10-12 minutes on 100% or until tender. Drain.
2. Mash potatoes; add butter, milk, salt and pepper. Stand aside.
3. In another large bowl, combine mince and onion and cook for 10-12 minutes on 70%, stirring every 2 minutes. Drain juices from meat.
4. To mince and onion, add gravy powder, tomato sauce, Worcestershire sauce, tomato and parsley. Mix well.
5. Spoon mince mixture into a large casserole dish.
6. Spread mashed potato evenly over top of mixture. Brush with beaten egg.
7. Cook for 20-22 minutes on 70%.
8. Allow to stand for 10 minutes before serving.

Serves 4-6

## LASAGNE

### MEAT SAUCE INGREDIENTS

30 g butter  
1 onion, chopped  
1 kg topside mince  
1/4 cup tomato paste  
240 g jar bolognese sauce  
200 g can champignons, drained  
1 clove garlic, crushed (optional)

### CHEESE SAUCE INGREDIENTS

90 g butter  
1/3 cup flour  
1 3/4 cups milk  
125 g tasty cheese, grated  
200 g packet instant lasagne sheets  
50 g mozzarella cheese, grated

### MEAT SAUCE METHOD

1. Place butter and onion in a Pyrex bowl. Cook for 2-3 minutes on 100%.
2. Stir in mince. Cook, uncovered, for 12-15 minutes on 70%, stirring every 2 minutes. Drain excess fat.
3. Stir in tomato paste, bolognese sauce, champignons and garlic.

### CHEESE SAUCE METHOD

1. Melt butter for 50-60 seconds on 100%. Stir in flour; cook for further 1 minute on 100%.
2. Gradually stir in milk. Cook for 5-6 minutes on 100%, stirring every minute.
3. Stir in tasty cheese.

### TO COMBINE

1. Use a 20 x 20 cm deep casserole dish.
2. Dip lasagne sheets in hot water, then cover base of dish.
3. Spoon over sheets one-third of meat sauce. Cover with one-third of cheese sauce.
4. Repeat the process 3 times, ending with the cheese sauce.
5. Sprinkle with mozzarella cheese.
6. Cook for 20-24 minutes on 70%.
7. Allow to stand 10 minutes before serving.
8. Serve with a fresh garden salad and bread.

Serves 4-6

# POULTRY

## CHICKEN IN A POT

---

4 chicken thighs  
1/4 cup plain flour  
2 rashers bacon, finely chopped  
1 green capsicum, diced  
1 onion, finely chopped  
425 g can peeled tomatoes  
1 tablespoon tomato paste  
2 chicken stock cubes  
1 tablespoon soy sauce  
salt and pepper  
100 g mushrooms, sliced

1. Toss chicken thighs in flour.
2. Add chicken and all other ingredients (except mushrooms) to a large casserole dish.
3. Cover and cook for 30 minutes on 70%. Stir at 10 minutes intervals.
4. Add mushrooms. Cook uncovered for a further 5-7 minutes on 70%.

Serves 2-4

---

## CHICKEN AND MACARONI BAKE

---

No. 15 chicken  
20 g butter, melted  
2 cups macaroni  
1/4 cup plain flour  
300 mL sour cream  
250 mL chicken stock  
1 cup grated cheese  
1 tablespoon chopped parsley

1. Melt butter for 20 seconds on 100%. Brush over Chicken.
2. Place on a roasting rack. Cook for 35-37 minutes on 70%, turning halfway through cooking.
3. Allow chicken to cool.
4. Place macaroni in a large bowl. Cover with hot water. Cook for 15-20 minutes on 100% or until pasta is tender. Drain.
5. Remove flesh from chicken.
6. Mix together plain flour, sour cream and chicken stock.
7. Combine chicken, macaroni and sauce mixture. Sprinkle with cheese and cook for 15-18 minutes on 70%.
8. Sprinkle with parsley.
9. Serve immediately with a tossed salad.

Serves 4

---

## CHICKEN WITH BACON AND LEEK SEASONING

---

No. 15 chicken  
60 g butter, melted  
1 leek, finely chopped  
2 rashers bacon, chopped  
1 1/2 cups breadcrumbs  
1 egg yolk (beaten)  
salt and pepper  
20 g butter, melted, extra

1. Combine butter, leek and bacon in a bowl. Cook for 1-2 minutes on HIGH.
2. Stir in bread, egg yolk and seasonings. Mix well.
3. Fill cavity of chicken with stuffing and secure with a toothpick.
4. Brush chicken with extra melted butter.
5. Place chicken on a rack, breast-side down, cook for 18-22 minutes on 70%.
6. Turn over, cook a further 18-22 minutes on 70%.
7. Stand covered with aluminium foil for 10 minutes before serving.

Serves 4

---

## APRICOT CHICKEN

---

4 chicken thighs  
1 packet French onion soup  
1 tablespoon plain flour  
250 mL apricot nectar  
825g can apricot halves, drained

1. Place in a large casserole dish.
2. Toss chicken in combined French onion soup and plain flour.
3. Cook chicken for 15 minutes on 70%.
4. Pour over apricot nectar and apricots.
5. Cook, covered, for 15-20 minutes on 70%.
6. Serve hot with pasta.

Serves 4

---

# SEAFOOD

## PAELLA

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 cup brown rice         | 1 green capsicum, diced               |
| 750 mL chicken stock     | 1/2 teaspoon turmeric                 |
| 1 tablespoon olive oil   | paprika                               |
| 2 cloves garlic, crushed | 2 cups white wine                     |
| 1 onion, chopped         | 250 g fish fillets, cubed             |
| 2 ripe tomatoes, chopped | 12 green prawns,                      |
| 1/4 cup tomato paste     | peeled with tails intact and deveined |
| 1/2 cup frozen peas      | 1 calamari hoods, sliced into rings   |
| 1 red capsicum, diced    | 4 mussels in shells                   |

1. Combine rice and chicken stock together in a large dish. Cook for 32-38 minutes on 100%, until tender.
2. Combine oil, garlic and onion together. Cook for 2-3 minutes on 100%.
3. Stir in tomatoes and tomato paste. Cook for 3-5 minutes on 100%, stirring halfway through cooking.
4. Stir in peas, capsicums, turmeric and paprika. Cook for 7-9 minutes on 100%, stir in cooked rice.
5. Heat white wine for 5-6 minutes on 100%. Add fish fillets. Cook for 4-5 minutes on 70%.
6. Stir in prawns and calamari. Cook a further 7-9 minutes on 70% until prawns turn pink. Remove from wine.
7. Place mussels in remaining white wine. Cook for 3-5 minutes on 100%, until mussels open.
8. Gently fold seafood into rice mixture.
9. Reheat Paella for 18-20 minutes on 50%.
10. Serve with French bread.

Serves 4

## GARLIC PRAWNS

- 24 green king prawns
- 1/3 cup olive oil
- 2 tablespoons butter
- 3 cloves garlic, crushed
- 1 tablespoon chopped parsley

1. Peel and devein prawns, leaving tails intact.
2. Combine butter and garlic. Cook for 1 minute on 100%.
3. Stir in oil and prawns.
4. Cook for 6-8 minutes on 50%, tossing every minute. Spinkle with parsley.
5. Serve in individual dishes with garlic bread.

Serves 4

## CRAB MORNAV

- 60 g butter
- 1/3 cup plain flour
- 1/2 teaspoon dry mustard
- 2 cups milk
- 1 onion, finely chopped
- 2 x 170 g cans crab meat, drained
- 2 hard-boiled eggs, sliced
- salt and pepper
- 1/2 cup finely grated cheese
- 2 tablespoons cornflake crumbs

1. Melt butter for 1 minute on 100%. Stir in flour and mustard. Cook a further 1 minute on 100%.
2. Gradually stir in milk. Cook for 5-7 minutes on 100%, stirring every 2 minutes.
3. Stir in onion, crab meat, eggs, salt and pepper and 1/4 cup cheese.
4. Place into a 1-litre serving dish. Sprinkle with cornflake crumbs and remaining cheese.
5. Cook for 12-15 minutes on 50%.
6. Serve with fresh garden salad.

Serves 6

## WHOLE BAKED SCHNAPPER

- 2/3 cup wholemeal breadcrumbs
- 1/4 cup chopped apricots
- 2 shallots, finely chopped
- 1/4 cup grated tasty cheese
- 2 teaspoons chopped parsley
- 1 egg, beaten
- 500 g whole schnapper, cleaned

1. Combine breadcrumbs, apricots, shallots, cheese, parsley and egg together. Mix well.
2. Fill cavity of schnapper with bread stuffing.
3. Shield head and tail of schnapper with foil. Place directly on rack.
4. Cook for 18-20 minutes on 50%, turning over halfway through cooking.

Serves 2

# APPETIZERS / SOUP

## SAVOURY MUSHROOMS

24 small cup mushrooms  
6 slices multigrain bread  
4 rashers bacon, chopped  
4 shallots, finely chopped  
1/2 cup grated cheese  
2 eggs  
2 tablespoons mixed herbs

1. Remove stalks from mushrooms.
2. Process bread into fine crumbs.
3. Cook bacon between paper-towel for 2 minutes on 100%.
4. Add shallots to bacon and cook for 1 minute on 100%.
5. Mix breadcrumbs, bacon, shallots, cheese, eggs and herbs until well combined.
6. Spoon mixture into mushrooms. Place 24 mushrooms directly on the turntable and cook for 3-4 minutes on 100%.

Makes 24

## QUICK NACHOS

200 g packet corn chips  
250 g salsa flavoured dip  
1/2 cup sour cream  
2 tablespoons tomato paste  
1/4 cup grated tasty cheese

1. Place corn chips in base of a flan dish.
2. Mix dip and sour cream together. Pour over corn chips.
3. Spread tomato paste over dip.
4. Sprinkle with cheese.
5. Cook for 4-5 minutes on 100%.
6. Serve immediately with guacamole.

Serves 4

## PUMPKIN SOUP

1 kg pumpkin, peeled and chopped  
2 small onions, chopped  
1 cup chicken stock  
1 cup cream  
nutmeg  
salt and pepper to taste

1. Place pumpkin, onion and stock in a large bowl.
2. Cover and cook for 20-23 minutes on 100%.
3. Place in a blender or processor and blend until smooth.
4. Transfer to a serving bowl and stir in cream and nutmeg. Season to taste.

Serves 4 6

## CREAM OF TOMATO SOUP

1 small onion, peeled and chopped  
1 rasher bacon, rind removed, and chopped  
30 g butter  
1 carrot, peeled and sliced  
1 stick celery, chopped  
2 tablespoons flour  
3 large tomatoes, quartered  
600 mL chicken stock  
bouquet garni  
salt and pepper  
2 tablespoons cream  
chopped parsley

1. Add onion, bacon and butter to a large casserole dish. Cover and cook for 3 minutes on 100%.
2. Stir in carrot and celery. Cover and cook a further 3 minutes on 100%.
3. Sprinkle in flour and stir. Add the quartered tomatoes, stock and bouquet garni. Cover and cook for 15-18 minutes on 100%.
4. Remove bouquet garni.
5. Place in a blender or processor and blend until smooth.
6. Return to the casserole dish, add cream, parsley and seasonings. Cover and cook for 3 minutes on 70%.
7. When serving add more cream.




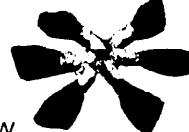
Serves 4

## VEGETABLE FRITTATA

2 large potatoes, peeled and thinly sliced  
1 onion, thinly sliced  
5 eggs  
450 mL sour cream  
340 g can asparagus spears, drained  
1/2 red capsicum, cut into strips  
2 zucchinis, cut into strips  
2 tablespoons parmesan cheese

1. Grease 25 cm pie plate.
2. Arrange potatoes and onion over base of plate.
3. Beat eggs and sour cream. Ensuring that all eggs yolks have been broken.
4. Pour half the mixture over potatoes and cook for 18-22 minutes on 70%.
5. Arrange asparagus, capsicum and zucchinis in a circle over potato. Pour over remaining egg mixture. Sprinkle with cheese.
6. Cook for 22-24 minutes on 70%.
7. Stand covered with foil for 5 minutes.

Serves 4

No	Menu	Quantity (Unit per pressing SERVE pad)	Procedure	Standing Time (minutes)
6	<b>Defrost Steak/Chops</b>  See NOTE below.	250 - 1500 g (250 g)	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on the defrost rack. If pieces are stuck together, try to separate as soon as possible.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted pieces, turn over and shield the warm portion.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil.</li> </ul>	5 - 20
	<b>Defrost Minced Meat Beef</b> See NOTE below.	250 - 1500 g (250 g)	<ul style="list-style-type: none"> <li>Place frozen minced meat on a defrost rack.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions, turn over and shield edges.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil.</li> </ul>	5 - 20
7	<b>Defrost Roast Meat</b> Lamb Beef Pork 	500 - 1500 g (100 g)	<ul style="list-style-type: none"> <li>Shield the edge with foil strips about 2.5cm wide.</li> <li>Place joint with lean side face upwards (if possible) on the defrost rack.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil.</li> </ul>	5 - 60
8	<b>Defrost Poultry</b> 	1000 - 1500 g (100 g)	<ul style="list-style-type: none"> <li>Remove from original wrapper. Shield wing and leg tips with foil.</li> <li>Place breast side down on the defrost rack.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over and shield the warm portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil.</li> <li><b>[N.B.]</b> After standing run under cold water to remove giblets if necessary.</li> </ul>	15 - 20
9	<b>Defrost Chicken Pieces</b>  See NOTE below.	250 - 1500 g (250 g)	<ul style="list-style-type: none"> <li>Shield the exposed bone with foil.</li> <li>Place chicken pieces on the defrost rack.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted pieces, turn over and shield the warm portions.</li> <li>Press start to continue defrosting.</li> <li>After defrost time, stand covered with aluminium foil.</li> </ul>	5 - 15
0	<b>Defrost Bread</b>	1 - 4 slices (1 slice)	<ul style="list-style-type: none"> <li>Separate slices and place between paper towel on turntable.</li> <li>After defrost time, stand.</li> </ul>	1

Food not listed in the Guide can be defrosted using 30 % setting.

NOTE: When freezing minced meat, shape it into flat even sizes.

For chicken pieces, steak and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.

It is also a good idea to label the packs with the correct weights.



# AUTO COOK/DEFROST MENU GUIDE (R-2S58)

The final temperature will vary according to initial temperature. Check foods for doneness after cooking. If necessary you can continue cooking with time and variable power.

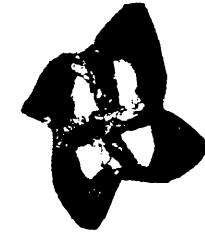
NO.	Menu	Quantity	Initial Temperature (approx.)	Procedure	Standing Time (minutes)									
1	<b>Reheat Dinner Plate</b> <table border="1"> <tr> <td>MEAT</td> <td>POTATO</td> <td>VEGETABLES</td> </tr> <tr> <td>175-180g</td> <td>125g</td> <td>100g</td> </tr> <tr> <td>Beef, Lamb Chicken, T-Bone</td> <td>sliced</td> <td>2 varieties eg. sliced Carrot, Zucchini Broccoli</td> </tr> </table>	MEAT	POTATO	VEGETABLES	175-180g	125g	100g	Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli	1 serve (approx. 400 g)	+3°C Refrigerated	<ul style="list-style-type: none"> <li>Cover with plastic wrap.</li> <li>After cooking, stand covered.</li> </ul>	2
MEAT	POTATO	VEGETABLES												
175-180g	125g	100g												
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli												
2	<b>Reheat Beverage</b> includes: Tea Coffee Water Soup	1-4 cups (1 cup, 250 ml)	+ 20°C Room temperature	<b>Beverage</b> <ul style="list-style-type: none"> <li>No cover</li> <li>Place on the outside of turntable.</li> <li>After reheating, stir.</li> </ul> <b>Soup</b> <ul style="list-style-type: none"> <li>Place in a Pyrex® bowl.</li> <li>Cover with glass lid or plastic wrap.</li> <li>After reheating, stir.</li> </ul>										
3	<b>Fresh Vegetables</b> Carrots } Potato } hard vegetables Beans } Brussels Sprouts } Broccoli } medium vegetables Cauliflower } Zucchini } Spinach } soft vegetables Cabbage }	1-6 serves (1 serve, 100 g)	+ 20°C Room temperature	<ul style="list-style-type: none"> <li>Wash the vegetables.</li> <li>Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between.</li> <li>Cover with glass lid or plastic wrap.</li> <li>After cooking, stand covered and stir.</li> </ul>	1 - 5									
4	<b>Jacket Potato</b> Potato (whole)	1-6 pieces  ( 1 piece, approx. 150 g )	+ 20°C Room temperature	<ul style="list-style-type: none"> <li>Use washed new potatoes.</li> <li>Pierce twice with fork on each side.</li> <li>Place on outside of turntable.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over potatoes and press start to continue cooking.</li> <li>After cooking, stand, covered with aluminium foil.</li> </ul>	3 - 10									
5	<b>Reheat Pie</b> includes: Pies Pasties	1-4 pieces  ( 1 piece, approx. 160-200 g )	+ 3°C Refrigerated	<ul style="list-style-type: none"> <li>Place on the turntable upside down.</li> <li>Cover with paper towel.</li> <li>The oven will "beep" and stop, CHECK will flash on and off. Turn over pies and press start to continue cooking.</li> </ul>	3									



# DEFROSTING CHART (R-2V58)

Power : MED LOW(30%)






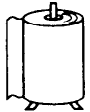


Food	Approx. Cooking Time	Procedure
Steak Chops	15-17min./500g	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on a defrost rack.</li> <li>If pieces are stuck together, try to separate as soon as possible.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10-30 mins.</li> </ul>
*See NOTE below.		
Poultry	17-20min./500g	<ul style="list-style-type: none"> <li>Remove from original wrapper.</li> <li>Shield wing and leg tips with foil.</li> <li>Place breast side down on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 15-30 mins.</li> <li>N.B. After standing run under cold water to remove giblets if necessary.</li> </ul>
Minced Beef	15-17min./500g	<ul style="list-style-type: none"> <li>Place frozen minced beef on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10-15 mins.</li> </ul>
*See NOTE below.		
Chicken Pieces	15-17min./500g	<ul style="list-style-type: none"> <li>Shield the exposed bone with foil.</li> <li>Place chicken on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10-15 mins.</li> </ul>
*See NOTE below.		
Roast/Beef Pork Lamb	17-20min./500g 15-18min./500g	<ul style="list-style-type: none"> <li>Shield the edge with foil strips about 2.5 cm wide.</li> <li>Place joint with lean side face upwards (if possible) on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 15-30 mins.</li> </ul>



NOTE: When freezing minced beef, shape it into flat even sizes.  
 For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.  
 It is also a good idea to label the packs with the correct weights.



## COOKWARE AND UTENSIL GUIDE

Utensil	Use	Advice
GLASSWARE/CERAMIC (HEAT RESISTANT)  	YES	GLASSWARE <ul style="list-style-type: none"> <li>• Ordinary glass is not suitable for cooking but may be used for short periods for heating foods.</li> </ul> CERAMIC <ul style="list-style-type: none"> <li>• Most ovenproof china, and ceramics, are suited.</li> <li>• Avoid dishes that are decorated with gold or silver leaf.</li> <li>• Avoid using antique pottery.</li> <li>• If unsure, check with the manufacturer.</li> </ul>
METAL COOKWARE  	NO	<ul style="list-style-type: none"> <li>• Metal cookware should be avoided when cooking in the microwave oven.</li> <li>• Microwave energy is reflected by metal.</li> </ul>
PLASTIC WRAP OVEN BAGS  	YES	<ul style="list-style-type: none"> <li>• Plastic wrap can be used to cover food.</li> <li>• Some shrinkage of the wrap may occur, over an extended cooking time.</li> <li>• When removing wrap, lift it in such a way to avoid steam burns.</li> <li>• Do not tie oven bags with metal twist ties, substitute with string.</li> </ul>
ALUMINIUM FOIL  	FOR SHIELDING	<ul style="list-style-type: none"> <li>• Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting.</li> <li>• Remove food in foil trays, if possible, and place in a microwave safe dish.</li> <li>• If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven.</li> </ul>
STRAW AND WOOD  	NO	<ul style="list-style-type: none"> <li>• Excessive over heating of these materials may cause a fire in the microwave oven.</li> </ul>
PAPER  	YES	<ul style="list-style-type: none"> <li>• Paper towels and waxed paper are suitable to use to prevent splatters.</li> <li>• These are suitable for use when reheating foods or for short cooking times.</li> </ul>
PLASTIC COOKWARE MICROWAVE SAFE  	YES	<ul style="list-style-type: none"> <li>• Ideal for cooking, reheating and defrosting.</li> </ul>
BROWNING DISH  	YES	<ul style="list-style-type: none"> <li>• Ensure that the preheating time of the dish is not exceeded.</li> <li>• Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.</li> </ul>
THERMOMETERS <ul style="list-style-type: none"> <li>• MICROWAVE SAFE</li> <li>• CONVENTIONAL</li> </ul>	YES NO	

## HEALTHY TIPS

### 1. THE ARRANGEMENT

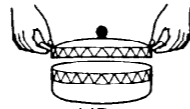
Arrange foods carefully. Place thickest areas toward outside of dish.



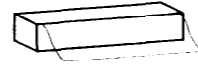
### 3. COVERING

Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating.

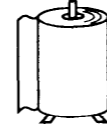
Use to cover foods:



LID



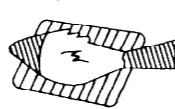
PLASTIC WRAP



PAPER TOWEL

### 5. SHIELDING

Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.



FISH



CHICKEN

### 7. STIRRING

Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.

Eg. Casseroles and Sauces.

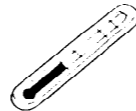


### 9. DENSITY

The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

### 11. STARTING TEMPERATURE

Frozen or refrigerated food takes longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check for doneness at the minimum time.



### 13. CONDENSATION

Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

### 2. TURNING

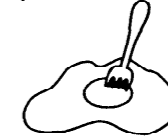
Foods such as poultry and joints of meat should be turned over after half the cooking time.

### 4. PIERCING

Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



TOMATO



EGG

### 6. STANDING TIME

Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

### 8. SIZE

Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

### 10. FAT AND BONE

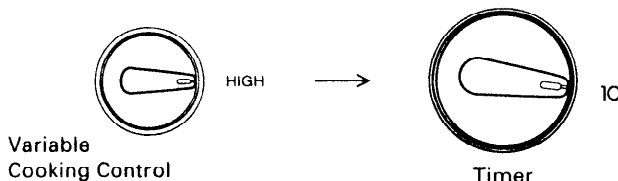
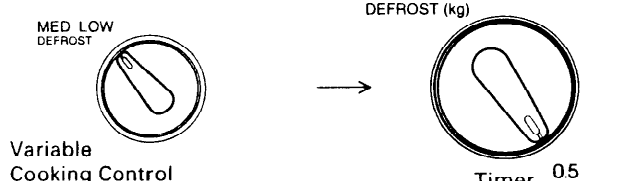
Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

### 12. QUANTITY

Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

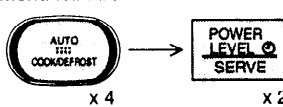






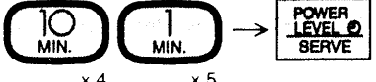


# QUICK REFERENCE GUIDE (R-2V58)

Variable Cooking Control	<p>To cook for 10 min. on HIGH.</p> <p style="text-align: center;">Cooking Time ○</p>  <p>Variable Cooking Control → HIGH → 10 → Timer</p>
Defrosting	<p>To defrost 0.5 kg meat.</p> <p style="text-align: center;">Weight DEFROST (kg)</p>  <p>Variable Cooking Control → MED LOW DEFROST → 0.5 → Timer</p>



# QUICK REFERENCE GUIDE (R-2S58)

Auto Cook/Defrost	<p>To cook 2 Jacket Potatoes.</p> <p>Menu Number      Serves</p> 
Power Level	<p> CONTINUE PRESSING for 100% → 70% → 50% → 30% → 10%</p>
Variable Cooking Control	<p>To soften Cream Cheese or Butter for 40 seconds on 30%.</p> <p>Cooking Time</p> 
Instant Cook	<p>- Just One Touch</p> <p> Within 1 minute of closing the door</p>
Child Lock	<p>To LOCK</p>  <p>Press for 3 seconds.</p> <hr/> <p>To UN LOCK</p> 
Clock	<p>To set for 11:45 am</p>  <p>Press for 3 seconds.</p> 

# SHARP

# COOKING GUIDES



## CONTENTS COOKING GUIDE

QUICK REFERENCE GUIDE ①	HELPFUL HINTS ②	COOKWARE AND UTENSIL GUIDE ③	DEFROSTING CHART (R-2V58) ④	AUTO COOK/DEFROST MENU GUIDE (R-2S58) ⑤	RECIPES ⑦
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